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SECRETS TO SAX-ESS

WARRIOR SAXA RETURNS TO BATTLE IN SPARTACUS: WAR OF THE DAMNED PAGE 10

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NOTHING TO FRET MY PET!

Bimbo the pet deer seems to enjoy a brushing from owner Janet Schwartz outside their home near Ucluelet on Saturday. Conservation officers had threatened to remove Bimbo from the home last week because it is illegal to keep wild animals as pets. The government has since changed its mind. For the story, see page 5. JONATHAN HAYWARD/THE CANADIAN PRESS

Sway together, stay together

U.S. President Barack Obama takes the oath of office for a second term, asking a divided America to come together on the nation's cherished principles of justice and equality PAGE 6

Melting away ice-chunk fears

The B.C. government is confident cable sweepers, water-repellant solutions and de-icing spray on the new Port Mann Bridge will combat the so-called ice bombs that terrorized drivers PAGE 3

Men who mess around

Filmmaker Marc de Guerre shares his theory on the biology and psychology of male cheaters PAGE 14

Training bomb left on plane

Transit police exercise. Document obtained by Canadian Taxpayers Federation outlines 2011 incident involving an Air Canada passenger plane

A Transit police officer forgot an inert explosive substance on an Air Canada plane at YVR during a dog-training exercise in 2011, prompting an extensive investigation to find the missing sample.

It took two days before the officer realized the bottle-shaped sample was missing from his kit following a training on board an Air Canada Boeing 767 at Vancouver International Airport on Jan. 12, according to a document obtained by the Canadian Taxpayers Federation (CTF) through the Freedom of Information Act.

By that time, the plane had already flown back to Toronto. FOI records show that Air Canada inspected the aircraft 14 times, but never found the device.

Transit police concluded it had been thrown out in the garbage and ended up at a Metro Vancouver garbage incinerator.

"It's a stunning dereliction of duty, leaving an explosive on a passenger airplane and not noticing it was missing for two days," CTF's B.C. director Jordan Bateman said Monday.

What are the chances?

"You could have hit it with a hammer or lit it with a lighter and it wouldn't have exploded."
Anne Drennan, Transit Police spokeswoman

Transit police spokeswoman Anne Drennan denied that passengers or the general public were at risk as the explosive material, known as Semtex, needed a blasting cap to detonate.

Drennan also confirmed the officer involved resigned from the force and is no longer in policing.

Since then, Transit Police have implemented new protocol to prevent similar incidents.

They no longer train on in-service aircrafts, but on a retired aircraft at the B.C. Institute of Technology, Drennan said.

Officers are also required to sign a logbook of a dog handler's training kit to make sure equipment and samples are all accounted for.

PHYLICIA TORREVILLAS/METRO

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Chelsey Acorn case

Man guilty of first-degree murder in killing of runaway girl

A B.C. man accused of killing a 14-year-old runaway girl has been found guilty of first-degree murder.

Jesse Blue West has been sentenced to life in prison with no chance of parole for 25 years in the killing of Chelsey Acorn, whose body was found north of Hope by hikers in April of 2006.

The girl had disappeared the previous year after running away from her foster home in Abbotsford.

West's son, Dustin Moir, was convicted of first-degree murder in the case in 2010 and also got a life sentence with no chance of parole for 25 years.

THE CANADIAN PRESS

Personal reasons cited

Two candidates quit B.C. south Okanagan riding

Two candidates who were set to run against each other in the same B.C. riding in the May election have quit, citing personal reasons.

Boundary–Similkameen Independent MLA John Slater — a former Liberal — and New Democrat challenger Marji Basso each issued statements within an hour of each other Monday dropping out as candidates.

Slater has represented the Osoyoos-area riding since the 2009 election, but recently was at the centre of a controversy when the Liberals refused to let him seek re-election under their banner.

His legislative office in Victoria has issued a strong statement, saying Slater will not run as a candidate due to what is being called "the politics of personal destruction."

THE CANADIAN PRESS

In this file photo, police block Highway 1, which was closed in both directions for hours following a storm Dec. 19 that saw chunks of ice falling from the overhead wires of the Port Mann Bridge, damaging vehicles. JENNIFER GAUTHIER/METRO FILE

Cable sweepers to prevent future Port Mann ice bombs

Winter-proofing.
Province presents multi-faceted plan after 'frightening experience for many commuters'

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

The B.C. government is confident cable sweepers, water-repellant solutions and de-icing spray will be enough to combat so-called ice bombs that terrorized drivers last year on the new Port Mann Bridge.

More than 100 vehicles were damaged after being hit by falling chunks of ice during a storm on Dec. 19.

Transportation Minister Mary Polak said the custom-designed sweepers will be fitted to more than half of the bridge's 288 cables. The sweepers are two feet long and trail up and down to brush off ice and snow.

"I know that it was a very frightening experience for many commuters who were on the bridge that day," Polak said Monday. "We're confident this combination of solutions will stop the accumulation of snow and ice on the bridge cables."

Engineers working on the $3.3-billion Port Mann/Highway 1 project are also testing four different "hydrophobic" coatings.

The coating, which will be applied during the summer, should reduce the adhesion of water and ice to the cables. A de-icing spray could also be applied as a preventative measure.

Polak wasn't able to provide a price tag for the upgrades, but said that taxpayers will not be on the hook.

"There is no dollar figure at this stage," Polak said. "Our focus has been on finding these solutions and implementing them."

"But Kiewit/Flatiron has been absolutely co-operative," she added. "They have funded the development and the construction of the different resources."

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Police chief supports regional police force

Robert Pickton inquiry. Vancouver's top cop gives nod to call for an amalgamated force

Vancouver's police chief says his department supports a key recommendation from the Robert Pickton inquiry for an amalgamated police force across the Metro Vancouver region.

Chief Jim Chu made the comments in an administrative report to be presented to the Vancouver Police Board on Tuesday.

The report outlines for the first time the force's official response to 63 recommendations from inquiry commissioner Wally Oppal.

The report also supports Oppal's recommendation that the province commit "to establishing a Greater Vancouver police force through a consultative process with all stakeholders."

Chu declined comment on whether he favoured a single, unified police force when the recommendations were released last month, although Oppal's plan immediately renewed a debate that has long divided the region's mayors.

Oppal concluded serial killer Robert Pickton was able to evade arrest for years, in part because he picked up sex workers in Vancouver but murdered them in Port Coquitlam, exploiting rivalries and poor communication between city police and the suburban RCMP.

Oppal also found bias against sex workers was a key factor in the botched investigation, and he called for the renewal of the now-disbanded Vancouver Police and Native Liaison Society.

THE CANADIAN PRESS

Vancouver Police Chief Jim Chu has come out in support of a regional force.

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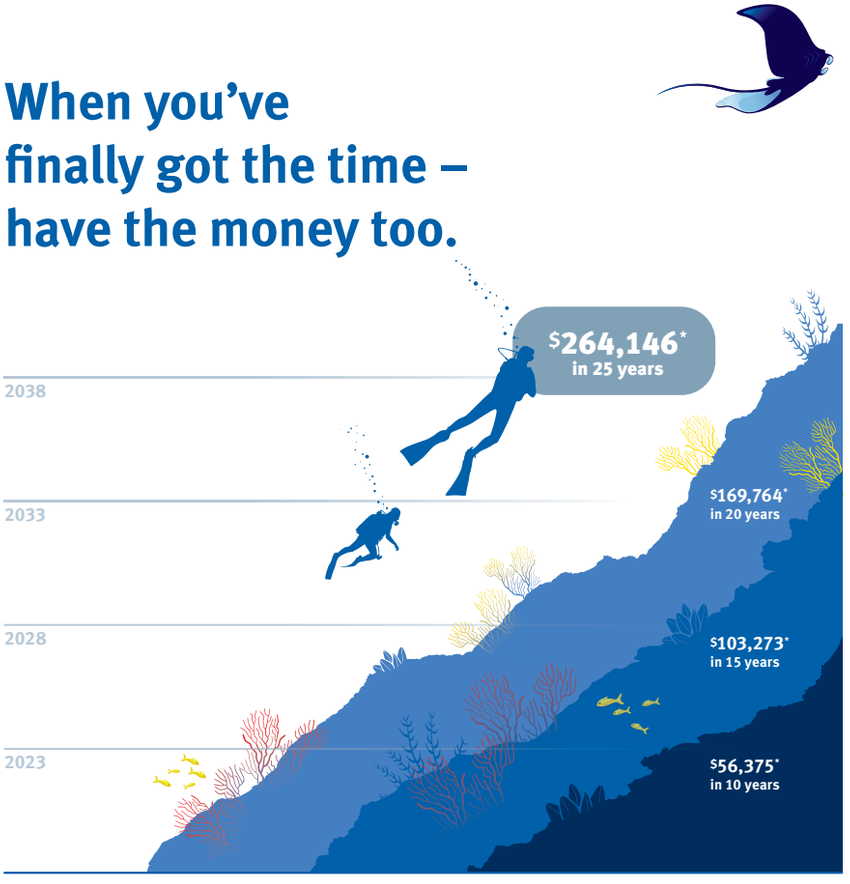

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Business down 40%. B.C. film industry calls on province to close tax-credit gap

The unions and guilds representing B.C.'s film industry are set to hold a town-hall meeting at a North Shore studio on Tuesday to talk about what can be done to return the industry to its once-thriving state.

Peter Leitch, chair of the B.C. Motion Picture Production Industry Association, said Monday that business has dropped 40 per cent in the past year alone as a result of tax credits introduced in Ontario and Quebec three years ago.

The eastern provinces offer Hollywood studios 25 per cent discounts on their total local expenditures, while B.C. offers a 33 per cent rebate on local labour costs only.

"I don't think we need to match (Ontario and Quebec)," Leitch said. "It's in our interest to keep the government investment as modest as possible. But the gap (in available tax credits between the provinces) now is about 10 to 12 per cent, and our customers are telling us that while they love shooting in British Columbia, they're finding the gap, especially with our dollar at par, is just too big to bridge."

The unions are calling on the Liberals to cut the tax-credit gap in their next budget to about five per cent, but that is not part of the government's Jobs Plan.

Community, Sport and Cultural Development Minister Bill Bennett was not available for comment on Monday, but said on CBC Radio that the government has no interest in raising the tax credits because it can't afford to. He said for every $10 of film investment the province attracts with its incentives, it must pay $3 out of government coffers.

Spencer Chandra Herbert, the NDP opposition critic for tourism, culture and the arts, said he planned to attend Tuesday's meeting, and an NDP-led government would be willing to consider increasing the credits.

"These are good high-paying jobs, and we need to look at those jobs and the families they support and the economic spinoff that they create," he said.

A spokeswoman for the minister said Bennett would be in a series of meetings on Tuesday and it was unclear if his schedule would allow him to attend the town-hall meeting.

KATE WEBB/METRO

Expenditures

B.C.'s biggest tax expenditures and deductions for industry (2011-12):

- **Film & video tax credit and production services tax credit:** $219 million
- **Deep well natural gas drilling deductions (not expenditures, but deductions industry can apply to the royalties they pay the government):** $183.5 million
- **Scientific research and experimental development:** $138 million
- **Interactive digital media credit:** $35 million
- **Charitable donations deduction:** $32 million
- **International business activities tax refund:** $25 million
- **Mining exploration tax credit:** $25 million
- **Training tax credit:** $11 million

Closed. Rotating strike begins at some B.C. medical test facilities

LifeLabs employees throughout B.C. began a rotating strike Monday, closing 40 locations for at least a day.

Most of the affected locations will be re-opened Wednesday morning, except for one in Victoria, which will re-open for Thursday.

In a press release, the BCGEU (B.C. Government and Service Employees' Union) said that wages and "employer demands for concessions" were the key issues.

LifeLabs posted a comment on their website, saying the company "hopes that the BCGEU will put patients first and return to the bargaining table."

On the weekend, LifeLabs and the BCGEU negotiated with the help of a mediator from the Labour Relations Board. They have been negotiating since May after the last collective bargaining agreement expired in Sept. 2011.

LifeLabs has 80 locations in the province. On Tuesday of last week, LifeLabs announced they had purchased their chief rival for business in B.C., BC Biomedical.

LIAM BRITTEN/FOR METRO

On trial

Queen of the North skipper 'competent,' says B.C. Ferries vet

A man on trial in the sinking of a B.C. ferry seven years ago has been called a competent mariner by another senior officer who served on the same ship. THE CANADIAN PRESS

2010 incident

Salmon farm reaches deal in sea lion deaths

A B.C. salmon farm has worked out a deal with federal officials that will see charges dismissed in the deaths of almost 70 sea lions and seals in 2010.

THE CANADIAN PRESS

Love story not over yet between woman and deer

More than a pet. 'She is my life, OK, and I've had her since the day she's been born,' deer owner says

Janet Schwartz gets a kiss from her pet deer Bimbo at their home near Ucluelet on Saturday.

JONATHAN HAYWARD/THE CANADIAN PRESS

Inside their one-storey, metal-roofed, plywood shack on Vancouver Island's rugged west coast, Janet Schwartz and her domesticated deer, Bimbo, are returning to their normal lives.

Against the background noise of a buzzing generator, professional wrestlers jostle across the screen of a satellite TV as Bimbo snatches and then gobbles down a cigarette from the lips of a couch-bound, 70-year-old boarder named Mike Miller.

The law — represented by men and women dressed in black uniforms and carrying guns — is no longer threatening to forcibly separate Schwartz and Bimbo, freeing the 10-year-old doe potentially to the fates of the surrounding rainforest and its hungry wolves and black bears.

Once again, a sense of peace permeates this home that flies a faded and weathered Canadian flag from the corner of an outside wall.

"We love each other," said Schwartz who turned 70 on Saturday. "She'll come up to me and she'll kiss me right on the lips, like a man kisses a woman. She does the same thing. She kisses."

Schwartz can now keep her pet with the help of a veterinarian and conservation officers.

"It makes me feel good," said Schwartz of the announcement.

THE CANADIAN PRESS

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U.S. President Barack Obama and first lady Michelle Obama dance during the commander-in-chief inaugural ball at the Washington Convention Center during the 57th presidential inauguration Monday in Washington. EVAN VUCCI/THE ASSOCIATED PRESS

Obama takes public oath

Second term. U.S. president's inauguration speech sets out bold agenda for next 4 years

A solemn U.S. President Barack Obama took the oath of office for the second time in as many days on Monday, this time before an estimated 800,000 jubilant citizens who cheered on his appeal for Americans to come together and fight for the cherished principles of justice and equality.

Obama's glitzy public swearing-in at the majestic Capitol building, featuring pop star Beyoncé singing the national anthem, took place on the national holiday devoted to revered civil-rights leader Martin Luther King Jr.

He then delivered a spirited, substantive 19-minute address that touched on his administration's priorities. Obama didn't shy away from some of the most hot-button debates currently raging in the United States, including immigration reform, gun control, climate change and same-sex marriage.

"Our journey is not complete until our wives, our mothers and daughters can earn a living equal to their efforts," he said. "Our journey is not complete until our gay brothers and sisters are treated like anyone else under the law — for if we are truly created equal, then surely the love we commit to one another must be equal as well."

Even as inauguration festivities played out across the U.S. capital all weekend, gun-rights activists held a Gun Appreciation Day as a form of protest against Obama's proposals to combat gun violence.

In addition to gun control, the next four years will also include a major push for immigration reform from the White House. The Obama administration wants a sweeping bill that would include a path toward citizenship for millions of illegal immigrants already living stateside. Obama will also face continuing pressure to bring the country's $16-trillion national debt to heel.

In the weeks to come, he will need to decide the fate of TransCanada's Keystone XL pipeline. THE ASSOCIATED PRESS

Philippines

Canadian kills two in court-room shooting: Police

Police say a Canadian man opened fire in a Philippine courtroom, killing two people and wounding a prosecutor before he was shot and wounded by officers.

Police said the suspect appeared in a Cebu court Tuesday to face malicious mischief charges when he pulled out a gun and shot a prosecutor, a lawyer and another person.

Regional police director Marcelo Garbo said the gunman was wounded by responding police after ignoring orders to surrender and trying to fire at them. He and the prosecutor were taken to a hospital. The suspect was identified as John Pope, a resident of central Cebu city. Garbo said police were investigating his background.

THE ASSOCIATED PRESS

Algeria

Canadians among hostage-takers? Ottawa wants proof

In the absence of reliable information, Ottawa is assuming that fake passports could be behind Algeria's claim that Canadians are among the al-Qaida-linked militants who took hostages at a remote desert energy plant.

Senior federal sources say the government is frustrated by a lack of information coming out of Algeria.

And they are unhappy that Algeria's prime minister went on television Monday and announced that two Canadian nationals were among the band of Islamist militants who stormed a natural gas complex and took hundreds of workers hostage.

Algerian Prime Minister Abdelmalek Sellal did not say Monday whether the Canadians were among the 29 militants killed by Algerian forces that stormed the site or the three who were captured alive.

THE CANADIAN PRESS

Jan. 30 launch

RIM shares surge again ahead of BB10 unveiling

Research In Motion's stock reached levels unseen since early last year in trading Monday before settling for a substantial gain of almost 11 per cent on the day. Shares in the BlackBerry maker hit $18.49 at one point before closing up $1.70 at $17.41 on the Toronto Stock Exchange. The surge comes as RIM prepares to unveil its new BlackBerry 10 operating system and line of smartphones. THE CANADIAN PRESS

Market Minute

DOLLAR
100.68¢ (-0.15¢)

TSX
12,794.25 (+68.56)

OIL
Closed for U.S. holiday

GOLD
Closed

Natural gas: Closed
Dow Jones: Closed

Atari pushes reset button

In this 1984 photo, a woman demonstrates Atari's never-released Mindlink system, which let users control a video game by moving their forehead muscles. On Monday, Atari said that its U.S. operations have filed for Chapter 11 bankruptcy protection in an effort to separate from its French parent company, which is filing a similar motion separately in France. In a statement, Atari says the move is necessary to secure investments it needs to grow in mobile and downloadable video games. Atari, which turned 40 last year, was a video game pioneer with games like Pong and Centipede, but has changed ownership several times amid financial problems. THE ASSOCIATED PRESS FILE

Ottawa picked up expenses during CEOs' trip to China

Trade mission. Leaders who were part of PM's delegation in 2012 put meals, accommodation and more on public tab

The Conservative government covered expenses for some of the country's top executives as they accompanied the prime minister around China a year ago, a move business leaders and officials defend as a good investment.

The trip signalled a change of approach for Stephen Harper, who for years eschewed the idea of leading big trade offensives abroad.

The Public Accounts of Canada show that from 2006 to 2011, his wife Laureen Harper — and for many years his personal stylist Michelle Muntean — were the most common add-ons to the government tab.

Prime Minister Stephen Harper speaks to a business group in Beijing on Feb. 9, 2012. Top Canadian executives who accompanied Harper on the trip had some of their expenses covered by the government. THE CANADIAN PRESS FILE

Then came the China trip last February. The delegation to three Chinese cities included 30 executives from major oil, agricultural and manufacturing companies as well as roughly two dozen members of the Chinese-Canadian cultural community.

Compare that with a 2009 trip to China — Harper's first — when he brought along eight people, including Laureen, his stylist and four Chinese-Canadian businesspeople.

Corporations and associations including Bombardier, Cenovus Energy, the Canadian Association of Petroleum Producers and Cameco confirmed that the government paid for portions of the expenses, with the amount varying from firm to firm.

THE CANADIAN PRESS

By the numbers

$1,200

The Foreign Affairs Department says local transportation, accommodation, meals and "miscellaneous expenses" incurred by an official delegation are covered by the government. For the 2012 non-governmental participants, that meant an average of $1,200 a person.

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FRIENVY: WISHING OTHER'S FACEBOOK PHOTOS WERE YOUR OWN

SHE SAYS...
Jessica Napier
metronews.ca

Is everyone having more fun than me?

It's a nagging thought that keeps creeping into my consciousness and I can't seem to get rid of it. I mean, is everyone else out there making more money, having more sex, drinking better wine and basically being better at life than me?

Gasp!

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings, European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of.

You'd think I would have grown out of this insecure jealousy when I left my angsty teenage years and emerged as a confident and happy adult. As if. Now I'm in my twenties and my attachment to social media (which occasionally borders on obsession) only exacerbates my problem.

In many ways, social networking sites like Facebook and Instagram feel a lot like high school. Except now I don't have to wonder what everyone else is doing; now I know I'm missing out because I'm spying on the cool kids at their cool-kid parties in real time while I just lie on the couch listening to a Harry Potter audio book.

On any given Friday I'll scroll through iPhone snapshots of glamorous art openings, European adventures, music festivals, cocktail parties in gorgeous apartments and seven-course tasting menus at a secret supper club I've never even heard of. It seems that every single person I stalk (follow) online seems to be doing something designed to make me feel like my life is utterly boring.

But of course that isn't the case. I too have posed obnoxiously next to champagne bottles and posted showoffy travel photos from Greek islands; I'm sure I've been responsible for igniting other people's jealousy from time to time.

The key to living with this is to give yourself a reality check every once in a while. I have to force myself to step away from the #humblebrags and the Rich Kids of Instagram and realize that these are just the highlights and no one is having the "Best. Night. Ever." every single night. We all stub our toes, clean the bathroom and go to the dentist occasionally; we just don't feel the need to immediately snap, hashtag and upload these particularly mundane moments.

Follow Jessica Napier on Twitter @MetroSheSays

Think your friends are having more fun than you? They probably are. Not.
ISTOCK

It's the Starlight Express

BRAD GOLDPAINT/SOLENT

Astrophotography

Photog captures star trails lakeside

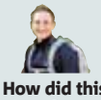
It's a wild starry night up above, reflected in the stillness of the lake below. Photographer Brad Goldpaint shot this stunning image at Sparks Lake near the Cascade mountain range in Oregon.

These star trails are made by merging photos of stars recorded as the Earth rotates over time. The camera's shutter is open and the exposure times are long.

METRO WORLD NEWS

Q and A

Reconnect to the night sky



BRAD GOLDPAINT
Photographer

How did this picture come about?
I took the photograph at Sparks Lake in Oregon, about three kilometres from the nearest road. I arrived at sunset and stayed there the whole night. I captured hundreds of images, which I later stacked together using Photoshop to create the final photograph.

Why did you pick this location to take your star trails?
First and foremost, a lot of experience — I have been a night sky photographer for three years — preparation and patience go into picking the right place. For example, the night sky here at the lake shows Polaris, or the North Star, which is key to forming the centre around which the star trails swirl.

What message do you hope people will see inside your photography?
I want to reconnect others with the night sky, especially since our city lights have cut off this connection. I have donated images of mine to the International Dark-Sky Association to raise awareness of light pollution. Also, having worked as an architect, I apply my trade to photography by showing visual representations of fixed patterns, in an attempt to find meaning and emotion.

Metropolitan Panel

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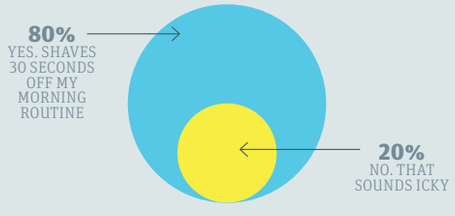
Would you wear moisturizing jeans?



Twitter

@PeopleOfCanada: OK, the sun's disappeared again. Ah, Vancouver!

@shanelpratap: It appears the Whitecaps and Barry Robson have mutually agreed to part ways. But no confirmation from the team just yet. #ThanksForComing

@waterboy99troop: If Barry Robson is indeed gone, rest assured I'll be having a pint in his honor sometime this week. We hardly knew ye. #WhitecapsFC

@jonrawlinson: Does Vancouver have fog horns or am I just hearing boats?? Crazy fog the past few days!

@Sinclair_Craig: I watched so much hockey on the weekend and I'm not complaining. Expect for the fact that the Canucks lost/sucked

metro

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DVD review

End of Watch

Director. David Ayer

Stars. Jake Gyllenhaal, Michael Pena, Anna Kendrick

●●●●○

End of Watch begins as just another LAPD cop story, something writer/director David Ayer is all too familiar with, having written Training Day and directed Harsh Times and Street Kings. Officer Brian Taylor (Jake Gyllenhaal) is an ex-marine studying film at night school. He wants to make a video, in defiance of police rules, on what it's really like patrolling L.A.'s rock-hard South Central 'hood. To this end, he and his partner, Officer Mike Zavala (Michael Pena), are packing tiny cameras. Crime is rampant in L.A.'s toughest division and the good cops have to turn a blind eye to petty offences because there's too much really bad stuff going down to keep them occupied. "Try not to kill anybody before end of watch," a superior says as Taylor and Zavala are assigned to a patrol. The officers' dedication to their jobs and each other is put to the test when they run afoul of drug lords during a routine traffic stop, and a twisted sense of neighbourhood pride becomes a vow to exact revenge. It's refreshing to see the boys in blue be the good guys for a change.

PETER HOWELL

Don't call me daughter

Sure, familial connections can kick open plenty of doors, but most next generation talents struggle to make the grade and live up to their star-powered lineage. Lately a passel of gals have made coming into their own while slipping the looming and lengthy shadows of their glitterati parents look easy. We salute this generation's Kate Hudsons and Liv Tylers

MIKE DOJC
scene@metronews.ca

Dakota Johnson

2006's Miss Golden Globe, an honour typically lavished upon celebrity spawn, toed into the movie biz's alluring waters before taking the plunge. The model/actress's film debut wasn't exactly a stretch. Johnson played one of her real life mom's daughters in Crazy in Alabama. Last year she hit her stride with turns in 21 Jump Street and The Five Year Engagement before garnering top billing on Fox's quirky comedy Ben and Kate. Johnson is Kate, a tenderhearted single mom with a pinch of nervous energy and a dash of sass who co-parents her daughter with her nutty older brother. Watch out Dakota Fanning, there's another blonde named after the same Native American tribe gunning for your Google ranking.

Pedigree: Don Johnson and Melanie Griffith are her parents and Antonio Banderas is her stepfather.

Zosia Mamet

After piling up a flurry of small roles in offbeat independent fare and snagging high profile yet fleeting part-time gigs on NBC's Parenthood and Showtime's United States of Tara, Mamet blew up faster than a Glengarry Glen Ross quote. Zosia's proper breakout came when she landed the part of Joyce on Mad Men, a photo editor for Life Magazine who gives Peggy Olson a window into NYC counterculture. She then showed her character acting virtuosity, segueing from a worldly lesbian in the 1960s to Shoshanna, a bubbly short form happy chatterbox who is also the most innocent member of the Girls gang.

Pedigree: Pops David Mamet is an Oscar-nominated screenwriter and Pulitzer Prize winning playwright. Mom is Oscar-nominated actress Lindsay Crouse.

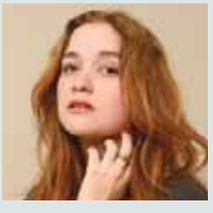
Mamie Gummer

While Emily Owens M.D. flatlined after just seven episodes, Gummer shined and proved she has the chops to helm a series. A thespian straight out of the cradle, Gummer has been receiving rave reviews since she was three. In 1986's Heartburn, an adaption of a Nora Ephron's autobiographical novel starring Gummer's marvellous mama, the New York Times gushed that Mamie (using the pseudonym Natalie Stern at the time to avoid a media feeding frenzy) was "an inordinately cute baby" who was "already accomplished enough to steal scenes, even from Miss Streep." Critical acclaim also looks to be in the cards for her latest movie, The Lifeguard, which has been nominated for the 2013 Sundance Film Festival's Grand Jury Prize.

Pedigree: Calls sculptor Don Gummer dad and Meryl Streep mom.

Alice Englert

This Kiwi newcomer earned a British independent film award nomination for last year's Ginger & Rosa, but forget about across-the-pond kudos, she's about to conjure up a mass media maelstrom. Englert stars as a teenage witch in Warner Bros' Beautiful Creatures, the film version of the first book of the supernatural romance series The Caster Chronicles. Scores of malleable tweenage fan groups from twihards to tributes (Hunger Games devotees) will start obsessing over Englert in the run up to the Valentine's day release. Staying in the love story zone, Englert's future projects include Singularity, a time and continent-straddling epic with Josh Hartnett and Bollywood babe Bipasha Basu.



Pedigree: Her mother is Jane Campion, the first woman filmmaker to take home the Cannes Film Festival's top prize, The Palm d'Or.

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She's bringing Saxa back

Warrior woman. Actress Ellen Hollman says her German slave turned Spartacus rebel sharpens her claws and wisdom this season

STEPHEN ERAMO
scene@metronews.ca

It was anyone's guess who would be left standing after last year's blood-soaked finale of Spartacus: Vengeance. Among the survivors was Saxa, a German slave who was rescued by Spartacus' rebels and joined their stand against the Romans.

Saxa returns to the battlefield this season in Spartacus: War of the Damned, the final installment of the Spartacus saga, and is all the more ready to fight, as Ellen Hollman, who plays the warrior, explains.

"As each battle is fought and won, our characters develop, and one of the things I discovered this year about Saxa is that she's grown into her lioness paws," says the actress.

"She's no longer just a feisty rebel. Saxa is not only a true warrior but also a woman of few words, and due to the language barrier, she's forced to communicate in a more straightforward, poignant fashion. Sometimes it's crude, other times quite insightful, but Saxa is always aware of what's going on. Nothing gets past her, and we see more of that wise aspect this season.

"Jumping back into not my character's boots but her daggers for War of the Damned was an absolute pleasure. I spent so much time off-season training for this role that it just felt natural.

"The key for me with Saxa this time around was embracing her more as a woman than a girl and getting the audience to believe she's a seasoned fighter."

"I didn't grow up killing Romans on the battlefield, so convincing viewers that Saxa is a born and bred warrior was tricky, but I think they're going to be more than pleased with the results."

Audiences can also expect to see things heat up between Saxa and fellow rebel Gannicus (Dustin Clare).

"My character is essentially the female version of Gannicus," notes Hollman. "Their relationship has developed from a wine-fueled debaucherous one to one with deeper qualities, quite possibly even love.

"I'm excited to see episode three and how Saxa and Gannicus interact when they're alone. It's surprisingly sweet and domestic until a certain 'something' is revealed," teases the actress.

Unlike their onscreen counterparts, there was no animosity behind the scenes on Spartacus.

"This was a once-in-a-lifetime experience where the entire cast got along amazingly," says Hollman.

"There was no divide between rebels and Romans. We all survived gladiator boot camp and really dove into our parts as well as the genre."

Watch it

- **Debut.** January 27 on The Movie Network and Movie Central. The first episode of Spartacus: War of the Damned will be available beginning Friday, January 25 on The Movie Network and Saturday, January 26 on Movie Central. The episode will be made available on themovienetwork.ca and moviecentral.ca.

Quoted

"The key for me with Saxa this time around was embracing her more as a woman than a girl and getting the audience to believe she's a seasoned fighter"

Actress Ellen Hollman on her character Saxa

Ellen Hollman spent plenty of off-season time training. HANDOUT

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Famous friends and a front stage Fiasco: Welcome back Barack!

THE WORD
Dorothy Robinson
scene@metronews.ca

Yesterday was a big day for President Barack Obama as well as the celebrities in attendance for the 57th inauguration. Kelly Clarkson (who came with new fiancé Brandon Blackstock) performed My Country, 'Tis of Thee while Beyoncé Knowles (in an Emilio Pucci gown) cranked out the national anthem — and even got hugs from President Obama and First Lady Michelle Obama afterward. Looking on from the audience were Katy Perry and boyfriend John Mayer as well as Eva Longoria in a beautiful pink coral trench coat. And in an awesome snafu, Boston Celtics great Bill Russell was misidentified as Morgan Freeman by ABC announcer George Stephanopoulos.

At the official inaugural balls, such bold-faced names as Alicia Keys, Usher, John Legend, the cast of Glee, Brad Paisley, Nick Cannon, Jamie Foxx, Jennifer Hudson, Marc Anthony and Chris Cornell are expected to appear.

One celeb who had a less-than-fun inauguration experience? Lupe Fiasco, who was asked to leave the stage at a pre-inauguration concert in Washington D.C.

"Lupe Fiasco performed at this private event, and as you may have read, he left the stage earlier than we had planned," concert organizers said in an email to reporters. "But Lupe Fiasco was not 'kicked off stage' for an 'anti-Obama rant.' We are staunch supporters of free speech, and free political speech. This was not about his opinions. Instead, after a bizarrely repetitive, jarring performance that left the crowd vocally dissatisfied, organizers decided to move on to the next act."

Franco video was all in good fun

James Franco

James Franco insists he meant no offense by the odd video he briefly posted online of himself lip-syncing to Justin Bieber's Boyfriend wearing a crooked baseball cap and a wig with very Bieber-esque bangs. (The clip was quickly taken down from Franco's WhoSay account, but not before copies of it could hit other sites.)

"I wasn't trying to diss him," Franco tells E! News. "I was asked to take it down by some people. Bieber didn't contact me, but I don't think he was too happy."

Leonardo DiCaprio

A hunk and a hero: DiCaprio to spend free time doing good

Leonardo DiCaprio has gone from filming Django Unchained to The Great Gatsby and straight into The Wolf of Wall Street, and the schedule has taken its toll on him.

"I'm a little bit drained," DiCaprio tells German newspaper Bild. "I am now going to take a long, long break. I've done three films in two years and I'm just worn out." So what will DiCaprio be doing if he's not acting for a bit? Certainly not going on vacation. "I would like to improve the world a bit," he says. "I will fly around the world doing good for the environment."

Taylor second guessing the Swift search for love

Taylor Swift's patchy romantic history has helped her pen a number of hit songs, but it's also made the subject of more than a few punchlines, and the 23-year-old singer has had enough, according to Radar Online.

"At first Taylor just thought it was funny how much interest people had in her love life and she went along with it," a source close to the singer says. "But now she's the butt of jokes on Saturday Night Live, in the tabloids and on the late night shows. She laughed it off, but the jokes made about her at the Golden Globes got under her skin."

But Swift may also be taking all the criticism and turning it into something positive, using this as a chance to turn her love life around.

Taylor Swift ALL PHOTOS GETTY IMAGES

"The jokes being made about her love life embarrass her, but it's finally hit home with Taylor," the source says. "She really wants to make an effort to slow down and not jump from boyfriend to boyfriend. In a weird way all the negative press has really opened her eyes and will be good for her."

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TF$$$

Healthy eating

Five healthy habits to try this year

JULIA FURLAN
Metro World News

It's easy to take for granted the root of a New Year's resolution — to be resolute. According to Janet Helm, registered dietician and author of Cooking Light: The Food Lover's Healthy Habits Cookbook, getting healthy — and staying healthy all year — is about starting small.

"Your goal should be attainable. If you have success, that fuels greater success and then you can celebrate the little victories," Helm said

1. Cook more often
Firing up the stove — say, three times a week — is the foundation of healthy eating. Eating out generally means you'll consume at least 50 per cent more calories.

2. Eat a healthy breakfast
"When you start your day on the right foot, it leads to better habits throughout the day," Helm says.

Eating breakfast helps curb temptations for the rest of the day.

3. Be a mindful eater
Helm suggests eating all kinds of foods and focusing on controlling portions instead of restrictions.

4. Eat more fish
Follow the lead of Japan and Iceland — where the average life expectancy is 81 years — and incorporate more fish into your diet.

5. Be a part-time veggie
Helm suggests going veg once a week for all three meals and encourages experimentation.

Reasons to consider veganism in 2013

Kris Carr made some major life changes to confront a serious disease. BILL MILES

Diet. Cancer survivor and Crazy Sexy Kitchen author Kris Carr says it's time to deal with disease and obesity on our plates — she also shares her favourite vegan recipes

ROMINA McGUINNESS
scene@metronews.ca

Kris Carr liked smoking and fast food.

Not cooking.

So what? She was like any other 20-something-year-old living in a big city — stressed, tired and hungry.

But the day she was diagnosed with an incurable stage four cancer at 26-years-old, she knew her eating habits were partly to blame.

"I had a lot of confusion and chaos when it came to food. I only ate hamburgers, peanut butter and jelly. I was obsessed with calories, yet I lived on carbs and trans fats," she says.

Now a bonafide vegan, she wants you to know that you can turn your life around simply by changing your diet.

You have 60 seconds to make me go vegan. Go.
"Animal products, processed foods, refined sugars ... all these things create inflammation in the body, depress the immune system and mess with your hormones. Dairy can be difficult to digest. It creates mucus and contains growth hormones — so does flesh — which also contains saturated fat, which can cause dietary cholesterol."

OK, I'm convinced. The problem is, it's much easier to fry a steak than to steam broccoli.
"People complain about not having the time to cook. Well I have no time to get sick — it takes a lot of energy, time and focus. We can't wiggle our way out of eating well. Doing so will improve your life, so relegating it to something that's a drag is crazy."

Aren't you nervous meat and dairy lovers will want to throw your book in the trash?
"I'm not demanding people stop eating meat and dairy. Just that they eat less of it. I want people to become plant passionate — not vegan."

Top 5

Healthy habits you can steal from Kris Carr

1. Load half of your plate with vegetables.
2. Remove dairy from your diet and assess the sugars you're consuming.
3. It's not just about food but your mindset. Low self-esteem can be the number one thing that keeps people from making a change.
4. Strictly counting calories is missing the point. We didn't come into this planet with a set of charts. Calories only matter if you eat foods that have been heavily modified.
5. Empty calories cause endless hunger. Eat a more nutrient-dense diet in order to feel more satiated and crave less food.

Take note

Kris's kitchen basics

Use these spices: garlic granules, salt, pepper, turmeric, cumin and chili.

Nutritional yeast. Use this instead of cheese.

Tamari. This is a good alternative to soy sauce.

Olive and flaxseed oil

Grains. Quinoa (called the bachelor's grain as it's easy to make and high in protein) brown rice, millet and lentils.

Cashew nuts. Great for a snack or to use in desserts.

Want the recipes? Check out Metro's Food page to get recipes from Kris Carr's book Crazy Sexy Kitchen.

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A fish-free option for vegans who love tuna sandwiches

This recipe serves 4. SUBMITTED

This combination of pickles, celery, onions and black pepper will tickle the taste buds of traditional tuna lovers.

1. Blend the soaked almonds and sunflower seeds in a food processor until finely minced. Transfer into a bowl.

2. Add the celery, onion, pickles, herbs, lemon juice, agave, kelp, salt and pepper to nut/seed mixture and stir thoroughly. Set aside.

3. Spread some Dijon mustard on rye bread. Add butter lettuce and tomato.

4. Scoop a generous helping of "tuna" on each slice of bread. Finish with more black pepper, lettuce and tomato.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Ingredients

- 1 cup raw almonds soaked for a few hours in water
- 1 cup sunflower seeds soaked for a few hours in water
- 1/3 cup minced celery
- 1/4 cup minced red onion
- 1/3 cup pickles, diced
- 2 tbsp minced dill
- 1 tbsp minced oregano
- 3 tbsp lemon juice
- 1 tbsp agave
- 2 tbsp kelp granules
- 1/2 tsp sea salt
- Freshly ground black pepper, to taste
- Dijon mustard
- 4 pieces whole grain rye bread, toasted
- 6 butter lettuce leaves
- 1 vine-ripened tomato, sliced

I can't believe it's not tuna!

"These are recipes people are used to, only without animal products. You won't taste the difference."

Vegan cookbook author Kris Carr, on the recipes in Crazy Sexy Kitchen

Health Solutions

The healthy side of Mexican food

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

The taco trend is huge and, contrary to popular belief, Mexican food in its authentic form is quite healthy. It isn't all corn chips and cheese sauce. The other traditional ingredients are top-shelf anti-aging, anti-cancer, anti-obesity deliciousness.

Here are some healthy Mexican items:

Avocado: High in fibre and good fats, plus lutein to protect eyes. It also contains folic acid for your heart and unborn baby.

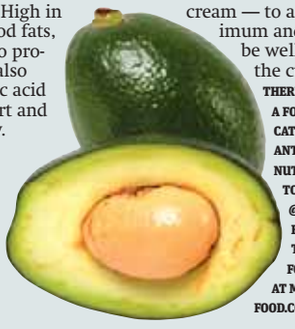
Tomatoes: Good source of chromium to help balance blood sugar. The anti-oxidant lycopene is more absorbable when cooked in salsa.

Corn tortillas: Choose blue corn for higher phytonutrients. It is also high in heart-healthy niacin.

Tomatillos: Contain an anti-bacterial phytochemical called withanolides and are loaded with trace minerals.

Peppers: Capcaisin is being studied as an anti-cancer nutrient. They are also full of vitamins A and C for eyes and skin.

Like any other culinary culture, it's all about the ratio. Keep the veggies high and the fried or fatty items — such as cheese and cream — to a minimum and you will be well ahead of the curve. Olé!



THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Wake up to hearty, not heavy, Cornmeal Banana Pancakes

When made with white flour, white sugar and eggs, pancakes can be heavy and flavourless. This whole-grain, egg-free, hearty but not heavy version will have you hooked.

1. Begin heating a heavy griddle or well-seasoned cast-iron pan on low heat.

2. Place a wire mesh strainer over a medium bowl. Add the cornmeal, both of the spelt flours (or pastry flour, if using), baking powder, cinnamon and salt to the strainer. Stir with a wire whisk to sift the ingredients into the bowl. Add any cornmeal left in the strainer into the bowl. Whisk to aerate the mixture.

3. In a separate bowl, whisk the almond milk, maple syrup, oil, vanilla and apple cider vinegar until thoroughly combined. Pour into the dry mixture and stir with a silicone spatula, only until the batter is smooth. The batter may increase and thicken at this point. Wait half a minute and stir with a fork. Add a scant 1/2 cup of the diced banana and toasted walnuts. Adjust the consistency of the batter if needed so it falls off a spoon in heavy puddles.

4. Oil the griddle. Increase heat to medium. When a few drops of water dance on the griddle, begin making the pancakes. Plate and top with bananas, nuts, maple syrup and cider.

KRIS CARR/FROM CRAZY SEXY KITCHEN

Ingredients

- 1/2 cup ground yellow cornmeal
- 1/4 cup whole spelt flour
- 1/4 cup light spelt flour
- 2 1/4 tsp aluminum-free baking powder
- 1/2 tsp ground cinnamon
- 1/8 tsp fine sea salt
- 2/3 to 3/4 cup almond milk
- 2 tbsp maple syrup
- 1 tbsp extra-virgin olive oil plus more for the griddle
- 2 tsp pure vanilla extract
- 1/2 tsp apple cider vinegar
- 1/2 cup diced banana; reserve the balance for serving
- 1/4 cup toasted walnuts, chopped, plus more for serving
- 2 to 3 tbsp maple syrup
- Apple cider, to taste

This recipe serves 3. SUBMITTED

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Why do men cheat? Filmmaker tells us what makes a philanderer tick

Q&A. Marc de Guerre's provocative documentary explores the science behind a taken man who strays

ANNE BRODIE
life@metronews.ca

Filmmaker Marc de Guerre looks at the biology and psychology of male messin' around in a documentary with insights from divorce attorneys, doctors and psychologists, bloggers and academics. Infamous cheaters like Dominique Strauss-Kahn, David Petraeus, Bill Clinton and Genghis Khan as well as society's regular Joes are put under his microscope. We spoke with de Guerre from Rome.

You find that cheating in men is hardwired, grounded in science. Is that just an "out"?
No, not morally. Whether or not it's moral, there are millions of levels of dishonesty, a million ways to break someone's heart. Our biological makeup is never an excuse. The worst outcome would be for men to feel, "Well I'm hardwired to do this." The thing that ruins that kind of thinking for men who might be tempted to throw it out there is that most men, unless they are sociopaths or psychopaths, have a conscience. Men can feel an enormous amount of guilt, that's what stops many.

Men and women are differently wired for sex. So why does 90 per cent of the population believe monogamy is the deal?
It's dishonest. And I'm amazed that that statistic keeps going up. More and more young people really believe that monogamy is best and all that. And in lots of ways it is, because in a way it's simplest and what kind of life does someone want to live? Men periodically need jolts to their psyche and testosterone, and anyone in a long-term relationship can understand that. But how much chaos does someone want to introduce to their life? It is the ultimate deal breaker and there is nothing else that remotely competes with that as a deal breaker. People will throw away a 30-year relationship because of it.

Really? Thirty years of companionship and sharing a life and travelling and shared friendship and throw all of that away?
But I think some people threaten to leave and then they have to back it up.

Is it inevitable that some men cheat? Not necessarily. Most men do actually

That's enlightened in a weird way. All those other things are more important than the quality of the sex life. What do you expect after 20 years or even five years? Monogamy gets richer and richer in other things. The relationship grows in value of basic respect for each other. To me, the deal breaker is unhealthy treatment of one another.

What happens to men who are repressed in long-term relationships?
You see it in a lot of marriages. Men get stuck and can't find any way of expressing themselves. There are a lot of men who are so bottled up it's not funny. And pornography is one of the things that have come on-board in the last 15 years because of the Internet. Gay men say the whole point of being gay is to be honest about your sexuality and straight men are never asked who they are. They hide behind these archetypal forms of behaviour, like playing golf. If they rediscovered their sexual side, golf greens would disappear. They'd become big empty fields.

You need a plan to clear your balance as quickly and efficiently as possible.
ISTOCK IMAGES

Race is on to repay holiday spending

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

Still reeling from your holiday spending hangover? Brace yourself — the worst is yet to come. Inch your way toward the mailbox and retrieve your credit card statement. Look at your balance and take 10 deep breaths of fresh air.

You need a plan to clear your balance as quickly and efficiently as possible.

Start by knowing the facts. First, from today, you have approximately one week until the minimum payment on your credit card statement is due. Second, if you don't clear your balance, you'll start paying interest on your new purchases (plus the existing balance if one exists) to the tune of 19 per cent. Third, because credit card companies accrue interest charges by the day, the cost to carry credit card debt is outrageous.

Now, raise your right hand, place it over your heart and vow to go on a spending hiatus until the balance is paid off. Accruing more debt while paying off the existing will destroy your chances of becoming debt-free.

Check how much you have in your bank account and if you've got the cash, pay off your credit card.

If not, determine the full extent of your holiday spending damage. Then put your game face on, pick up the phone and start negotiating. Call your lender and ask for a lower interest rate. By presenting a competitive offer, you can persuade the lender. But, if they won't reduce the rate, transfer your business elsewhere.

Next, make more than the minimum payment, otherwise you'll barely cover the interest charges. Making minimum payments on a $1,000 balance would cost $1,000 in interest charges and take 115 months to pay off at 19 per cent interest (interest plus one per cent of the balance). If instead you paid a regular amount of $50 per month, you'd clear the balance in 25 months and pay $200 in interest. (Check outgetsmarteraboutmoney.com to see how much your credit card is costing you.)

Be resourceful and find ways to pay more. Cut out unnecessary expenses like dinners at restaurants and sell unused household items like televisions or bookshelves on Kijiji. Because interest accrues daily on credit cards, break the interest rate cycle with more frequent payments in biweekly or weekly intervals.

If you're in way too deep, call a credit counsellor. Get excited. You have the power to rid yourself of credit card debt.

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CHOOSE A CAREER AS A DENTAL HYGIENIST

THINKSTOCK IMAGES/COMSTOCK/THINKSTOCK

Thanks to recent changes in legislation, a career in dental hygiene is more attractive than ever.

Ontario has joined the ranks of other provinces by allowing registered dental hygienists to practise outside a dentist's office through a process known as "self-initiation." Legislative changes and health-care reform initiatives have facilitated the public's access to dental hygiene services.

Private colleges such as the Canadian National Institute of Health (CNIH) in Ottawa provide the training for graduate dental hygienists to set up successful independent practices. CNIH encourages graduates to consider opening their own practices under a variety of business models.

"Our school offers state-of-the-art equipment and during the 18-month dental hygienist program, CNIH students learn about everything from cleaning teeth to managing an independent business," says CNIH president James Keslassy.

A new pilot project this year will see CNIH partner with the Canadian Dental Hygienist Association (CDHA) to help self-initiated dental hygienists build client pools large enough to practise independently. Through weekend clinics and continuous education courses, CNIH and CDHA will help prepare dental hygienists to pursue their dream of owning their own practice

CDHA president Sandy Lawlor adds, "the CDHA is committed to developing prospects for dental hygienists to explore independent practice. We believe that this pilot project provides members with a convenient, low-risk opportunity to explore whether or not independent practice is for them."

PLAN FOR A HEALTHIER YOU

At the beginning of every new year, many people put the push on to start making positive changes in their lives, from exercising more and eating better to quitting smoking.

Many of those with good intentions will give up in frustration before they reach their goal. But with a proper plan in place, disappointment doesn't have to rule the day.

Award-winning master personal trainer Devin Sherrington, the owner of Halifax's 360fit, offers these tips for making, and sticking to, healthy lifestyle changes.

ISTOCKPHOTO/THINKSTOCK

CHOOSE ONE GOAL

Don't try to do too much at once, like ditching drinking, eating better and exercising more. Instead, start with one goal you think is realistic.

"It's less intimidating to set small 'micro goals' that are all aimed toward the bigger goal," Sherrington says. For example, if you would like to drop a couple of clothing sizes, aim to lose about five pounds per month, then focus on getting through one week at a time.

PARTNER WITH A PROFESSIONAL

If you don't know how to achieve your goal, talk with your doctor, a nutritionist or a personal trainer.

"Everyone responds differently to healthy lifestyle plans," Sherrington says. "The experts can help you figure out the most effective way to reach your goal."

USE THE BUDDY SYSTEM

"The people who are the most successful at making healthy changes are those who have the support of a spouse, friends and family," Sherrington says.

Having even just one buddy on board makes you more accountable and honest.

REWARD ACHIEVEMENTS

If your plan includes giving up chocolate, pizza or beer, it's best not to go cold turkey.

"It's not a bad idea to have one cheat day a week, as long as you don't overdo it," Sherrington says. "After you've been eating clean for a while, those things won't taste as good as they once did and you'll crave them less."

Other treats could be having a spa treatment or buying a new running jacket — anything that feels special.

BE PATIENT AND STAY POSITIVE

"Fitness and health should never be a negative thing," Sherrington says. "But as with all positive changes, it's important to remember that they're going to take time."

– Jane Doucet

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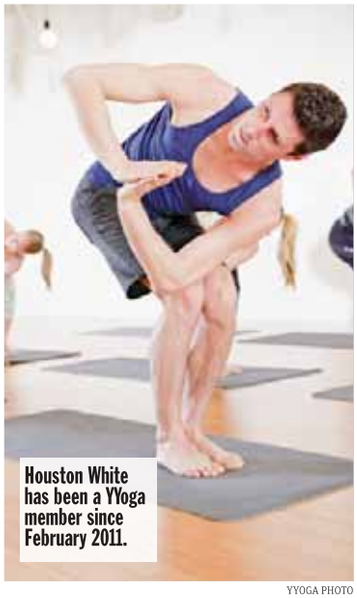
IPHONE APP TAKES YOGA TO NEXT LEVEL

YYoga has taken goal-setting and motivation to a new level with the unveiling of its YYoga app, which uses gamification and social sharing like never before to inspire people to achieve their health and wellness goals.

Terry McBride, founder of YYoga, is known for having successfully used social technology to build his music empire at Nettwerk Music Group. With the YYoga app, he is bringing a similarly unconventional approach to the world of yoga, using technology to strengthen social connections among yoga practitioners.

"We all know that motivation is the thing that holds most of us back when it comes to fitness," McBride says. "This app is designed to give members a social tool to build their own supportive and flexible communities. It works like other social platforms, allowing people to create a profile and connect with friends so they can see who's doing what. The idea? If you see that your friends are going to a class tonight, you'll be more likely to go."

Other benefits this app offers include:



Houston White has been a YYoga member since February 2011.

YYOGA PHOTO

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To download this complimentary, innovative app by YYoga, visit yyoga.ca/app.

CLEANSE REGULARLY TO LOSE WEIGHT AND TOXINS

Health scientists and medical professionals are now voicing their concerns about the possible effects of accumulated toxins on our health. Toxins from the air we breathe, the water we drink, the food we eat and our environment build up in our vital organs and fat cells. Regular cleansing is the key to health, beauty, stamina and longevity.

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START A FITNESS REVOLUTION

AT STEVE NASH FITNESS CLUBS

STEVE NASH FITNESS CLUBS PHOTO

After a motivated two weeks of new year's resolutions, now's the time when the treadmill can start to feel like drudgery and bad habits start creeping back.

"Fitness should be fun," says Ingrid Knight-Cohee, group fitness director at Steve Nash Fitness Clubs. People are rethinking how they're choosing to exercise, she says.

"The bottom line is — when it's enjoyable, you're much more likely to do it, so why not do classes you actually like?"

The group classes at Steve Nash Fitness Clubs in Vancouver are designed to get your mind off the clock and into the zone, she says.

Instructors plan their classes to keep things dynamic and diverse. "The music, the social aspect, the instructor — it all helps keep you motivated. Then time flies," Knight-Cohee says.

Entertainment isn't the only advantage of group classes, she says. When you are exercising by yourself it's easy to gravitate toward what you know, but "when you're in a class context and the instructor says, 'now we're going to do squats and burpees,' then you're going to be taken out of your comfort zone and your body's going to see the benefits," she says.

Steve Nash Fitness Clubs offer lots of fun and challenging group fitness options, whether you are looking to tone, lose weight, build muscle or gain stamina.

Two key fitness trends this year are simplified classes and dance, Knight-Cohee says. Simplified classes use minimal equipment and deliver an intense workout. Knight-Cohee recommends Naked Warrior, which is a new 30-minute intense class of strength and stamina exercises that focuses on total body fitness.

Dance has taken the fitness world by storm and Steve Nash Fitness Clubs have expanded their offerings to include Nuvo Burlesque, LaBlast and Pound classes.

Developed by ballroom dance champion Louis van Amstel, of Dancing With The Stars, LaBlast combines cardio and dance fundamentals including ballroom, cha cha, disco and jive. No partner is required.

Pound merges fitness movements, such as crunches, squats and lunges, with drumming. "You pound the floor with the drumsticks to get more intensity out of each movement," Knight-Cohee says.

"There's really something here for everyone," she says.

Memberships at Steve Nash Fitness Clubs start as low as $19 per month. For more, visit stevenashfitnessclubs.com.

PERSONAL TRAINERS

The personal trainers at Steve Nash Fitness Clubs work with you to create a personalized diet and fitness plan.

"It's about taking the guesswork out of your workout and maximizing the benefits of your gym membership," says Ingrid Knight-Cohee, group fitness director at Steve Nash Fitness Clubs.

"Having a plan motivates you and helps you achieve your goal quicker."

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SPORTS 4

Barry Robson celebrates a goal against Chivas USA on Oct. 3, 2012, at BC Place. JEFF VINNICK/GETTY IMAGES FILE

Whitecaps, Robson agree to part ways

MLS. Midfielder signed with Vancouver in February 2012 but 'never fully settled in,' club says in statement

CAM TUCKER
cam.tucker@metronews.ca

Barry Robson's brief but eventful — and sometimes tumultuous — career with the Vancouver Whitecaps is over.

The Whitecaps sent out a statement Monday afternoon, saying the club and Robson "mutually agreed to terminate" the midfielder's contract.

The Whitecaps held a shortened training session at Burnaby Lake West earlier Monday. Robson was not in attendance.

Robson, a native of Inverurie, Scotland, signed a three-year deal with the Whitecaps on Feb. 16, 2012, becoming the club's third designated player signing.

He was officially introduced to the media on June 18.

"Thank you to my teammates, coaches, staff, fans and media for making my experience in Vancouver enjoyable," Robson said in a statement released by the club.

"I am now looking forward to returning home and beginning the next chapter in my career."

Robson, 34, made his first start for Vancouver on July 4 in a 1-0 victory over the Colorado Rapids. He scored in back-to-back games against the L.A. Galaxy and San Jose Earthquakes in the middle of July, offering spirited glimpses of why the Whitecaps signed him.

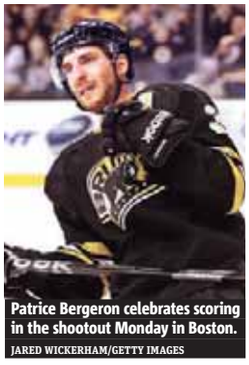
But those glimpses were few and very far between.

Robson was suspended right before a derby match with the Seattle Sounders FC on Aug. 18 for kicking a ball toward an official in a game against FC Dallas three days before.

He was also criticized for his lack of offensive production — scoring three times in 18 matches between the regular season and playoffs — and for his exaggerated outbursts directed at teammates and officials.

"We are thankful for the contributions Barry made during his time with the club. Unfortunately, Barry and his family never fully settled in Vancouver, and we've mutually decided to move in different directions," said Whitecaps FC president Bob Lenarduzzi in the statement.

NHL. Bergeron does the job on both ends of the ice


Patrice Bergeron celebrates scoring in the shootout Monday in Boston. JARED WICKERHAM/GETTY IMAGES

Patrice Bergeron showed why he's more than just an offensive forward.

Bergeron helped kill off a penalty in overtime before scoring in the shootout, leading the Boston Bruins to a 2-1 win over the Winnipeg Jets on Monday afternoon.

Tyler Seguin scored the other shootout goal, and Brad Marchand had the regulation goal for the Bruins (2-0-0).

Boston was short-handed for two minutes 17 seconds of overtime after playing the final 71 seconds of regulation down a man.

Monday's game

Bruins	Jets
2	1

Bergeron felt like the solid penalty killing was a matter of keeping things simple.

"We've stuck to our system," he said.

Ondrej Pavelec made 26 saves in regulation for the Jets but gave up goals to Boston's first two shooters in the extra session. Chris Thorburn scored for the Jets (0-1-1).

Winnipeg was 0-for-4 on the power play.

"It's disappointing when you get those opportunities in the end there," Jets forward Evander Kane said. "Myself, I can't be making those bad passes and not generating anything."

Coming off a 4-1 loss at home against Ottawa in their season opener, the Jets scored their first even-strength goal of the season in the first period.

THE CANADIAN PRESS

NHL

HNIC sets ratings records in return

CBC says Hockey Night in Canada drew record numbers for the first NHL broadcast of the season Jan. 19.

The public broadcaster says the battle between the Toronto Maple Leafs and Montreal Canadiens drew a record average audience of 3.3 million viewers.

Citing ratings data from the Bureau of Broadcast Measurement, CBC said it was the most-watched regular-season Prime East game ever on the network.

And it says the Ottawa Senators and Winnipeg Jets game drew an average audience of 1.49 million viewers, breaking the record for a Saturday afternoon game.

The Vancouver Canucks and Anaheim Ducks drew nearly 1.47 million viewers. THE CANADIAN PRESS

NBA

Kings appear to be Seattle bound

Nearly five years after their colours, banners and history were packed away into storage and their franchise relocated, the SuperSonics are one significant step closer to returning to Seattle.

And the Kings are on the edge of leaving Sacramento.

All that appears to stand in the way now is approval by NBA owners.

The Maloof family has agreed to sell the Kings to a Seattle group led by investor Chris Hansen, the league confirmed in a statement Monday morning. The deal is still pending a vote by the NBA board of governors.

THE ASSOCIATED PRESS

Tennis

Li back in Aussie Open semifinals

Li Na advanced to the Australian Open semifinals for the third time in four years, bringing fourth-seeded Agnieszka Radwanska's 13-match winning streak to a shuddering halt.

Sixth-seeded Li, who lost the 2011 Australian Open final to Kim Clijsters only months before her Grand Slam breakthrough at the French Open, had a 7-5, 6-3 victory over Radwanska in Tuesday's first match in Rod Laver Arena.

"She's a tough player. I was feeling today against a wall," Li said.

THE ASSOCIATED PRESS

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Horoscopes

♈ Aries
March 21 - April 20
If a friend asks you for assistance today you will do everything in your power to help them out. The more people you assist now the more they will step forward to help you later in your own moment of need.

♉ Taurus
April 21 - May 21
You need to remind important people that you still exist. Some of them may have forgotten! Make sure they know you are available when opportunity comes knocking. If you stand in the shadows you will be invisible.

♊ Gemini
May 22 - June 21
The world needs people who are not afraid to stand up and say things that the establishment won't like. The world needs people like you. Give your opinions freely and honestly today – and get ready for the backlash!

♋ Cancer
June 22 - July 23
There is no point pretending that everything is fine when you know it is not. More than anything today you need to confront your inner demons – because until you have won them over you won't win over anything else.

♌ Leo
July 24 - Aug. 23
Today's Mercury-Uranus link will help you put your feelings into words. Loved ones have been waiting for you to tell them what's going on in your heart and your head and when they do they will love you all the more.

♍ Virgo
Aug. 24 - Sept. 23
Use your time wisely today because there is a lot you have to get through on the work front. Be creative by all means but be creative with a purpose in mind. There are only 24 hours in every day.

♎ Libra
Sept. 24 - Oct. 23
No matter how overwhelming the odds may be you simply refuse to give up and over the next two or three day your stubbornness will pay off in a big way. Who said Libras lack staying power? They're wrong.

♏ Scorpio
Oct. 24 - Nov. 22
Use your incisive Scorpio mind to cut through the fog of confusion and identify the two or three things that are of real importance – and ignore everything else. Life is simple when reduced to its essentials.

♐ Sagittarius
Nov. 23 - Dec. 21
Take a few minutes out of your busy schedule to work out where you are – and don't be surprised to find you have strayed off course. Does it matter? Not really. Should you change direction again? Only if you want to.

♑ Capricorn
Dec. 22 - Jan. 20
You are now in touching distance of a goal you set yourself a long time ago. All it needs is one final push and you will cross the finishing line ahead of your rivals. Make the effort – it will be worth it.

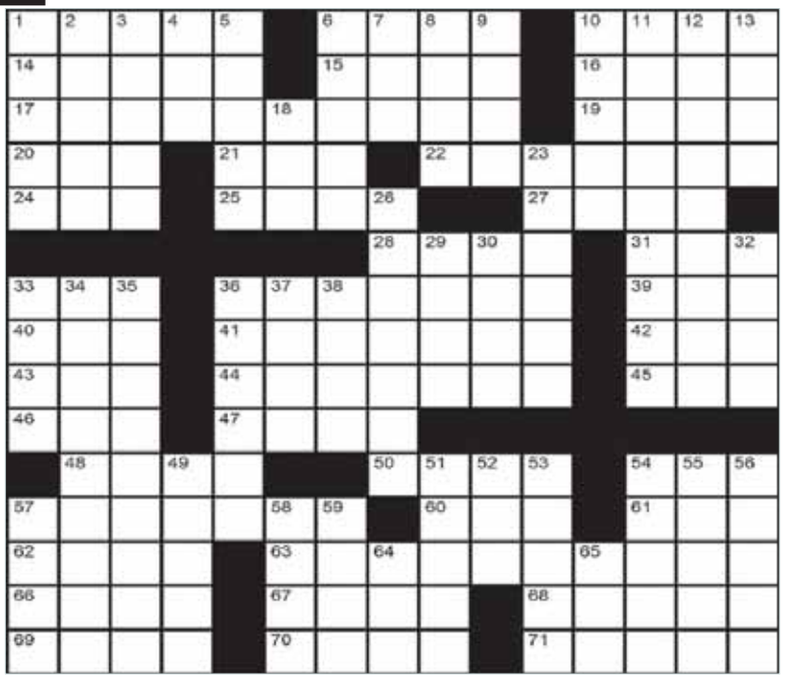
♒ Aquarius
Jan. 21 - Feb. 19
Mind planet Mercury links with your ruling planet Uranus today, helping you to see things lesser mortals tend to miss. It will work to your advantage, of course, but find ways to help other people too.

♓ Pisces
Feb. 20 - March 20
Your time would best be spent today going over old ground and making sure there are no loose ends that might trip you up later on. Remember: intuition can't reveal everything – sometimes you have to use logic as well.

SALLY BROMPTON

Crossword: Canada Across and Down

BY KELLY ANN BUCHANAN



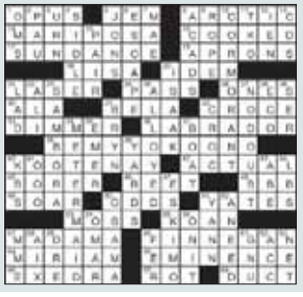
Across

1. Hamilton-born actress on ABC series "Castle", Stana __
6. Apple product
10. CBC Radio/TV talk program, "Q with __ Ghomeshi"
14. Prefix that means 'Rainbow'
15. Video __
16. Vogue's Ms. Wintour
17. Canadian contractor: 2 wds.
19. Nutritional suggested amts.
20. Politician's positive
21. "Don't Bring Me Down" gr.
22. Kinda kind
24. Building wing
25. Bright city light
27. Leave in, in proofreading
28. Of a lyric poem
31. Low: French
33. Ohs partners
36. Canadian singer Nelly
39. Cigarette danglee
40. Ms. Benatar
41. Inclined: 3 wds.
42. Winnipeg's Ms. Vardalos
43. Knight's title
44. Political maneuvering, with Shuffle
45. "Hawaii Five-0" star, Daniel __ Kim
46. Historic time
47. So
48. Houston baseball player, informally
50. Highlander
54. Stitch
57. Ready to take on the challenge: 3 wds.
60. Legume
61. That, in Tijuana
62. __ Morne National Park, Nfld.
63. Toronto improv mecca, The __: 2 wds.
66. Tortoise's competitor
67. Romance lang.
68. Canadian territory
69. Director Mr. Pollack, et al.
70. Roman ruler
71. Ski resort's one-of-some

Down

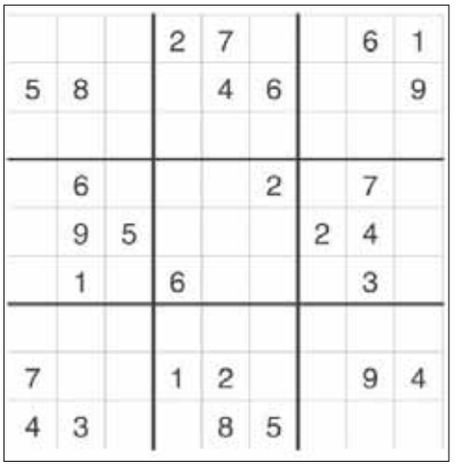
1. Brangelina-style name for star couple West/Kardashian
2. Princess in "The Little Mermaid" (1989)
3. Mayan archaeological site
4. 'Fluor' suffix
5. "Hallelujah" songwriter Leonard
6. Domed dwelling
7. Cooking spray
8. Prayer-ender
9. Lucy's love
10. Actress, Marissa __ Winokur
11. Arcade Fire, for example: 2 wds.
12. Daughter of Nicholas II of Russia
13. Basketball player Steve
18. Toreador's taunt
23. Actor, George _. __
26. Julia Roberts flick, "__ Hill" (1999)
29. Dashiell Hammett novel, The __ Curse
30. Comic actor Eric
32. Canadian ice dancer, __-Lynn Bourne
33. Church's vaulted part
34. Broadway musical
35. Justin Bieber's hometown
36. "The X __"
37. Salt Lake City's state
38. Rapini, aka Broccoli __
49. "The Bachelor" flowers
51. Speedskater, __ Anton Ohno
52. 'Velvet' suffix
53. Belonging to Miss Gaga
54. Watch brand
55. Impede, in law
56. Garth's pal in movies
57. Recoiler's reactions
58. "Beauty __ the eye...": 2 wds.
59. Guillotine target?
64. Electric __
65. __-de-sac

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

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*Conditions apply. Not available at the box office. Free Park Hopper upgrade with the purchase of a non-discounted 3-Day Disneyland Resort ticket. Valid for use beginning January 7, 2013. Ticket expires 13 days after the first day of use or on March 11, 2013, whichever occurs first. Each day of use constitutes one full day of use. Check for offers on other tickets. Limit eight (8) tickets per person, per day and tickets may not be sold or transferred for commercial use. Not valid with any other ticket discount or promotion. Subject to capacity, restrictions and change without notice. As to Disney artwork, logos and properties: ©Disney. BC REG #H02790.

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2

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3

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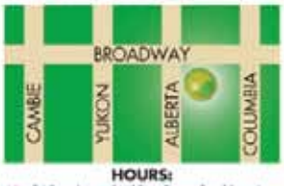

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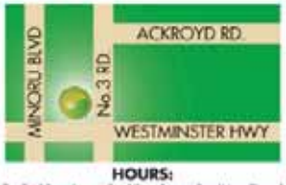

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